



Outpatient Surgery/Procedure Instructions

National Institutes of Health
Clinical Center

Pre-operative/Pre-procedure Instructions: Child

Child's name: _____

Physician's name /phone _____

Procedure: _____ Date: _____ Time: _____

Report to: _____ Special Needs: _____

- _____ If there is a change in your child's condition before you arrive at the Clinical Center (such as a cold, sore throat or fever), contact your doctor or surgeon at once. Your NIH doctor can be contacted by calling the NIH Page Operator at (301) 496-1211. Such illness may make it necessary to postpone your child's procedure.
- _____ Your child must not eat solid food after midnight the night before surge/ry/procedure (no chewing gum or candy after midnight). *This is very important to assure your child's safety during the procedure.*
- _____ Milk or formula may be offered up to 8 hours before the surgery/procedure. If your child is breastfed, he/she should be offered breast milk up to 4 hours before the procedure/surgery.
- _____ Your child may have clear liquids (water, apple juice, popsicles, plain Jello – Jello without fruit or toppings) up to 4 hours before the surgery/procedure.
- _____ If your child drinks from a "sipee" type of cup or a special baby bottle, please bring one with you.
- _____ Please tell you're the doctor if your child has any medical conditions or if he/she takes any medicines (for example, seizure disorder, diabetes, high blood pressure). Please discuss any other drugs/herbal medications that your child is currently taking. This includes aspirin, NSAIDs (i.e. Motrin, Aleve) and blood thinners (i.e. Coumadin). If your child uses an inhaler – please bring it with you.
- _____ A parent/legal guardian must accompany the child to the Clinical Center to consent for the surgery/procedure.
- _____ If the parent/legal guardian cannot accompany the child from the Clinical Center, a responsible adult (18 years or older) must accompany the child from the Clinical Center. Small children may bring a special toy/blanket with them. These can be comforting to children when they are going to sleep and wake up later in the Post Anesthesia Care Unit (PACU)/Recovery area.
- _____ Your child will be more comfortable wearing loose-fitting clothes for going home. Please bring a change of clothes and diapers.
- _____ Tell the nurse if your child wears contact lenses, dental appliances, or any other prosthesis. These will be removed before surgery. Please bring a case to store them.
- _____ Expect to remain 1 to 3 hours after the surgical procedure.
- _____ Unforeseen events may require your child to stay overnight in the Clinical Center. This is unlikely, but occasionally it happens. If this becomes necessary, your doctor will explain the reasons for a hospital stay.



2004

This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? OCCC@cc.nih.gov

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